

# THE HEALING POWER OF ART THERAPY



*"I love working with people of all ages and all abilities to get out of their heads, listen to their bodies, and open themselves up through art making and creativity."*

and education to women and children who have been adversely affected by sex trafficking.

Nyrelle's person-centred ability to listen and take on board the complexity of people's needs, in particular, the areas that people want change in their lives, allows her to develop tailor-made programs that enable fantastic outcomes with the therapeutic process. She works closely with each individual person to create change from the inside out; claiming back and discovering parts of each person that have been disowned or neglected. A typical arts therapy session involves 2 parts to the process. The first part involves using the art materials to express the 'area of concern'. The art image is then explored by the client and the Arts Therapist, which deepens the process and provides information outside of the client's ordinary awareness.

*"I promise there will be tears, there will be laughter, and there will be change!"*

**Everyone has the innate capacity for creativity.  
Expressing it does not require formal art training.**



As an active, enthusiastic and committed volunteer within the Australian Creative Arts Therapies

Association (ACATA), Nyrelle currently holds the office of President of ACATA.

**Healing is in creation; it's in the "making". Clay Field therapy, the hands remould, reshape and find new solutions beyond rational thinking.**



Nyrelle has provided arts therapy specialist services, consultation, and education to the following organisations:

The Salvation Army, Mind, Department of Human Services, Melbourne City Mission, Austin Hospital, Chinese Health Foundation, Wombat Housing & Support Services, VincentCare Victoria, Dame Phyllis Frost Centre, Western Region Health Services, Orygen Youth Health, Geelong Bellarine Welfare Network, Cradle to Kinder Program, Kil-donan Uniting Care and Youth Justice Community Support Service.

Point Cook Specialist Rooms, 225 -229 Sneydes Road, Point Cook 3030 + Eastbourne Professional Suites, 62 Wellington Parade, East Melbourne 3002

## nyrellebade

Prof. MACATA Registered Arts Therapist

*"Often the hands will solve a mystery that the intellect has struggled with in vain" - C.G Jung*

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